



! Young Professionals !

- and older ones too -
The world of work and responsibility!
The world of rush- rush!
The world of caffeine toxicity!
The world of corporate ladders!
**The world of
STRESS**



Stress is a phenomenon we are learning to accept. We all seem, at one time or another, to be running on a hamster-wheel, steadily gaining momentum. We question this existence less and less as it seems to be the 'norm'. But, I often wonder – in generations to come, when they look back – what they will have to say about this manic lifestyle we have created.

Here's the thing about stress: when we are stressed, our endocrine system orchestrates a very intelligent series of hormone messages to the necessary organs. In stressful situations, our body's first line of defence is to release ADRENALIN. This is in fact a Central Nervous System (CNS) response and is carried by electrical impulse – which explains the speed with which an 'adrenalin rush' happens.

However, under continued, lower grade, daily stress, the body – via the adrenal glands – sends out CORTISOL which is a slower acting 'back-up' response. Some of us, due to life-style, are alternately producing ADRENALIN and CORTISOL virtually all the time! This leads to a condition that is affectionately known as ADRENAL FATIGUE. In reality though, adrenal fatigue will manifest in all sorts of symptoms. This is because the body perceives stress as a 'survival' signal.

The analogy is that, in days gone by, when we lived as 'cave' men, we would have produced stress hormones in response to a real need, such as being chased by a sabre-toothed tiger (as the saying goes!). However, there are two critical differences between then and now:

Firstly: the sabre-toothed tiger presents a very REAL stress/threat, whereas the stresses and 'threats' that we respond to today are very often only perceived. An important distinction!

Secondly: after having bravely fended off the sabre-toothed tiger in a feat requiring the super-human strength of body and mind that adrenalin gives us, the cave man would have gone to rest! Whereas, in our crazy life-style we simply push on from one stress to the next, not even 'allowing' ourselves to be ill!

What hasn't changed though, is that our body still responds in the same way to stress signals and perceives stress as the need to support a 'fight or flight' response. It still thinks that our survival is truly at stake. And therefore, in its intelligence, our body will deal with stress first and foremost, **TO THE DETRIMENT OF EVERY OTHER BODILY FUNCTION**. In the face of survival, the body reckons, everything else must be of secondary importance. Logical.

It is for this reason, (ie: that all other systems of the body are compromised under stress), that we see ADRENAL FATIGUE expressed as all manner of other problems, including:

- IBS, digestion, assimilation problems, constipation, diarrhoea and so on
- Sexual dysfunction such as lowered libido, infertility, irregular female cycles, testosterone imbalance (in both men and women), impotence and so on
- High blood pressure, oedema, water retention, or dryness
- Blood sugar highs and lows and adult onset diabetes
- Depression, insomnia, (chronic) fatigue, burn-out, panic disorders, anticipatory stress
- Acne, eczema, psoriasis, hair loss, thinning of skin
- Asthma and Allergies
- Easy fractures and osteoporosis (too much cortisol destroys healthy muscle and bone)
- Immune system weakened, so: susceptibility to infection, slow recovery, wounds slow to heal, easy bruising, auto-immune diseases such as rheumatoid arthritis

BASICALLY

Under continued stress, our bodies just can't function properly! Logical.

Clearly, lifestyle is so important. Once you've evaluated the stresses in your life, tried to make functional changes, looked to see whether you're eating healthily (slow 'burning' foods are great!) and getting enough down time then turn to Homeopathy for the rest!

You'll love this: I have recently ordered in a set of combination remedies, with names such as:

'STRESS BALANCE'
'DEBILITY MIX'
'CALMING PILLS'
'BLOOD SUGAR BALANCE'
'HYSTERIA BALANCE'
'SS PILLS' (for libido!)
'FEAR BALANCE'
'BACK-UP BOOSTER' or 'IMMUNITY MIX'
'KIDNEY SUPPORT'
'LIVER SUPPORT'

'SLEEP MIX'
'DIABETES SUPPORT'
'SHOCK'

(people often go into weakened states following shock and trauma)

.... I could go on!

**** If you're reading that list and thinking, "I could really do with some of that!" then please book an appointment.**

It's been all about **STRESS** so far, which seems unfortunate. But I think there are few among us who can say their lives are not stressful! Amazingly, many stressed people say they don't *FEEL* stressed and this, I think, is further testimony to the fact that we are so stressed, so much of the time, that we don't even recognize the symptoms any more. As I said before, we assume that being stressed is the 'norm' – how bad is that?!

I did head-up this email with the title 'Young Professionals', so here, in what has become my 'usual' format is a list of helpful remedies:

NUX VOMICA: for the 'typically' high-flying, busy, stressed, commuting, professional who begins the day with a double espresso! Well – you know what I mean ... These people may be fiery, excitable, irritable, quick tempered or even spiteful. They are single-minded and tend to be go-ahead, goal-orientated people – and may even be 'the boss you hate!' They drive themselves hard and are excessive over-workers. Little things get blown out of proportion. Most typically, these people will suffer from heart attacks, high blood pressure or alcohol dependency.

LYCOPodium: These people were often bullied or verbally criticized when younger and may have shaky self-confidence. In the work place they are eager to please, but may avoid responsibility and risk-taking (in order to avoid the criticism they've had before). While 'quiet' at work they tend to take out the stresses of their day in the safety of their own homes at night. Their families often bear the worst of their insecurities when they come home from work grumpy and irritable, even dictatorial. They suffer from performance anxiety and this often expresses itself physically as acidity, bloating and indigestion.

AURUM MET: These are usually people with a huge sense of duty and responsibility (often from a young age!) They are industrious and have a strong sense of purpose. They are driven and feel they have to be the best, often going for 'gold' and striving for perfection. They are often trying to prove themselves – either to themselves or to a parent who, when they were children, set very high standards. They are dutiful and need to shine. Often they are predominantly left brained types so more material, factual, logical and sequential than others. The down side is, of course, that they set themselves up to fail because they can go virtually suicidal when they disappoint themselves or others – which is likely at some point or another, given the almost

unachievable goals they set themselves! “If I can’t be the best, I’ll opt out completely!” Physically they tend to suffer from severe depression, feelings of guilt and failure, liver and heart problems, inguinal hernias, arthritis. Life to them can seem quite joyless.

In order not to do information overload, I’ll stop there! Needless to say – there are dozens more remedies which can help with virtually any expression of stress, however it may manifest. As always, I hope that by giving you a ‘taster’ of what’s possible with homeopathy – and an awareness that sooner or later, stress does lead to physical symptoms.

So, be gentle – take good care of yourselves, and to borrow the well known title of a book by Richard Carlson:

‘DON’T SWEAT THE SMALL STUFF!’